

THAI BASIL AND COCONUT CHICKEN STEW

from Life Kitchen

Ingredients (serves 2)

6 boneless chicken thighs, cut into bite-sized pieces
4 tablespoons garlic paste
4 tablespoons ginger paste
1 teaspoon ground coriander
¼ teaspoon white pepper, plus extra to season
½ teaspoon salt, plus extra to season
1 tablespoon vegetable oil
3 long red (Thai) chillies, finely chopped with seeds (keep back a few slices to garnish)
100g Thai basil leaves, finely chopped, plus extra to garnish
1 x 400g tin of full-fat coconut milk
300ml chicken stock
10 mixed-colour cherry tomatoes, halved
1 teaspoon fish sauce
1 teaspoon light soy sauce
1 teaspoon light brown soft sugar
Steamed vegetables and boiled jasmine rice, to serve



Method

Place the diced chicken into a bowl and add the garlic, ginger, ground coriander, white pepper and salt and mix well. Leave to marinate overnight if you have time, but for at least 10 minutes.

When you're ready to cook, heat the oil in a large saucepan over a medium-high heat. Add in the marinated chicken and fry it for 5–6 minutes, turning, until the chicken begins to brown.

Add the chillies and half of the basil, followed by the coconut milk and chicken stock. Simmer for 15 minutes.

Add the cherry tomatoes, fish sauce, soy sauce and sugar, and simmer for a further 5 minutes, until the tomatoes are just softened and the chicken is cooked through.

Remove the stew from the heat, season with salt and extra white pepper, and stir through the remainder of the basil. Scatter over the extra basil leaves and the chilli slices to garnish.

Serve with steamed vegetables and cooked jasmine rice.

Enjoy!